

# IOWA STATE UNIVERSITY

## Digital Repository

---

Volume 22

Number 6 *The Iowa Homemaker* vol.22, no.6

Article 9

---

1942

## Men Must Eat

Ben Brown

*Iowa State College*

Follow this and additional works at: <http://lib.dr.iastate.edu/homemaker>



Part of the [Home Economics Commons](#)

---

### Recommended Citation

Brown, Ben (1942) "Men Must Eat," *The Iowa Homemaker*: Vol. 22 : No. 6 , Article 9.

Available at: <http://lib.dr.iastate.edu/homemaker/vol22/iss6/9>

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact [digirep@iastate.edu](mailto:digirep@iastate.edu).



*Here's a Tip  
Where Service  
is Required*

**Everything  
for the Women of Iowa State**

Eaton's Stationery:

College Die Stamped 59c—85c

Thin Air-Mail 59c—75c—\$1.00

Ladies' Sheaffer Pens \$2.75 to \$5.00

(We guarantee every pen we sell)

Zipper Ring Books \$1.69 to \$4.75

Spiral Note Books 10c—15c—20c

"Eye Ease" Study Lamps \$2.35—\$3.25

Chemistry Aprons 68c

Botany Kits 49c

Library Cards 10c

Expense Books 25c

Laundry Cases \$1.47—\$2.25—\$2.45

Art Supplies for all courses at I.S.C.

*Used Text Books*

*Now at Reduced Prices*

**Student Supply Store**

**SOUTH OF CAMPUS**

**OPEN EVENINGS**



**Now . . .**

is the time to think about saving your clothes. Mix patriotism and common sense . . . let us help you keep your favorite skirts and sweaters in good condition.



**LINDQUIST CLEANERS**

**120 Hayward**

**Phone 1700**

## *Men Must Eat*

*Ben Brown, Ag. Jl., Jr., describes the specialties of Iowa State men who prepare their own meals*

**A**FTER mother's home cooking becomes a happy memory, independent Iowa State men prepare their own meals and like it.

These students room together in small groups averaging four or five men per unit, renting approved apartments near the campus.

Because students are busy with schoolwork the time for these chores is limited. Usually a work schedule is arranged and strictly followed.

Some groups work on a one-man one-week basis. Each man in the group has his week in which it is his responsibility to prepare two meals a day for his roommates. The duties are passed from man to man.

In groups of six men or more, meal preparation usually rotates every meal. Other groups are agreed that the best method is for all members to pitch in on every meal.

In any work arrangement, plans usually are made to cook all three meals at home. Breakfast is prepared individually, as the students arise at different hours. The noon meal usually includes a hot dish, drink, sandwiches and soup and the evening meal is complete with meat, vegetables, salad and dessert.

For the first few weeks in the fall when the students are new to the job, canned dishes are predominant and hamburgers get a workout. However, in time the bill of fare includes more complicated preparations such as the spaghetti favorite of Ben Bookless, Ag. Ec. Jr., who, with three roommates, rents an apartment in campustown.

Another favorite of Bookless' group is liver smothered in onions. These men drink little coffee, a large amount of milk and some tea.

A favored recipe of Joe Loucks, V. M. 4th, which appears again and again is rice and raisins with cinnamon and milk. When Joe's roommates decide that this dish deserves a rest on their menu, Loucks is prepared to meet their demands with welcomed changes.

For your favorite records  
classical and popular  
played by the  
Top Dance Bands and  
Famous Symphony Orchestras  
come to

**Eschbach's**

**132 Main**

**Phone 474**

These include browned meat roast cooked in a pressure cooker with carrots and potatoes, and chocolate pudding.

Although this group has confessed to the frequent use of a can-opener, soup and pork and beans are considered out of the question. Living in Iowa, they often get supplies of meat and fruit from home.

Potato pancakes are a specialty of the house in the apartment of David Paretsky, Bact. Grad., who with his partner, David Hendlin, Bact. Grad., share an apartment off the campus. Paretsky and Hendlin take over the food preparation and cleaning responsibilities on alternate weeks.

At the Lincoln Apartments, another group of men is maintaining a self-feeding program. Favorite dishes include meat loaf, breaded pork chops, scalloped potatoes and ham, and oven dinner served on Sunday. A favorite dessert is apple upside down cake.

These men work on the day-of-the-week plan. From Monday to Saturday each man has his day as cook and on Sunday they all take a hand. In the hands of the cook for the day is a twofold responsibility, marketing and cooking, while the others clean the apartment and wash the dishes. Varied and balanced meals are a special concern of this group. They have a salad and dessert at least once a day and all like vegetables.

Cook books seem to be used only if the cook is stumped completely. All the campus student cooks are proud of their originality and use the recipe lists sparingly, relying instead on proved favorites.

A resume of campus home cookery would not be complete without mention of the Frisbie House home-cooking system. Here, eight men live and keep house with one meal a day to prepare. A cook is employed to direct the evening meal, but the members of the group prepare their own noon meal under the planning of their house director, Mrs. George Graves.

Paul Burke, M. E. Jr., is the only student cook known to can his own food supplies. During the fruit canning season, Burke prepares and cans it using the hot pack method.

The economy of cooking at home is listed by these campus bachelors as the most important reason for going to all this extra work and planning. The home-like atmosphere, food prepared according to individual taste, food in larger quantities to suit man-sized appetites stimulate bachelor cooks in menu-planning and food preparation.

The men say they can eat what they want and are able to fit their work schedules into meal-time hours. Students who have cooked their own meals find that it makes them more critical of poor cooking and that their training is useful outside college.

## Make Walking a Pleasure in a pair of our quality oxfords

Don't buy more pairs than you need but  
get the ones  
you do need  
NOW.

**Trueblood's**  
WEST AMES SHOES



Tankers and bombers are  
useless without sturdy,  
strong Americans backing  
them. Build a strong  
America. Get your daily  
quota of milk from

## O'Neil Dairy

308 Fifth

Phone 62

Have you heard?



Eda B. **Fromm**

WOMEN'S WEAR

has been enlarged

\* \* \*

NEW LOCATION

Former Osborn Store Site

313 Main

Phone 830

## It's Patriotic to be Thrifty . . .

Let us remodel  
your out-dated  
fur coat . . .



## FLORENCE

TAILOR AND FURRIER

Over Vilimek's

Phone 2802